**moment in time**

**As I drifted down the rock hard wall nerve was coming up my straight as a line spine. The palms of my hands started to pour with moist sweat but my heart started pumping frantically I thought that it never was going to give up, the colours drained from my face all I could see was a bobbing se of faces. But suddenly with a twist of my wrist a shot of hope, courage and force shot threw me the flickering bold colours dissolved into my snowy white pastel face my forces heart slowed down in slow motion my dripping hands stopped dripping slankenly. I was determined to do this but I contemplated carefully. I shuffled down the vertical wall as slow as a tortoise, before I knew it I made back to the concrete ground what a relief is this really true am I alive I took of my bumpy but tight as if it was trying to strangle me to my own death, then took of my red bold helmet slowly . But now I know that this is real life!**

**By Courtney**